[illegible]

* [illegible]
[illegible] [illegible]:
* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]

* [illegible]
[illegible] [illegible]:
* [illegible] [illegible]
[illegible] [illegible]
* [illegible]
[illegible]
* [illegible] [illegible]

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[illegible]

* **DRD2 agonists:** [illegible]

* **MTHFR inhibitors:** [illegible] MTHFR [illegible]

[[illegible] Recovery Kernel [illegible] Blueprint]

* **Recovery Kernel:** [illegible]

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[illegible] 0 — [illegible]: [illegible]

⚠ [illegible] ([illegible]) [illegible]: **1669** [illegible] **191** [illegible]

[illegible]

THE CENTURION — [illegible]

[illegible] [illegible]:

[illegible]	[illegible]	[illegible]
[illegible]	[illegible] коронарный ([illegible]) [illegible]	[illegible] 25 [illegible]
[illegible] norepinephrine	[illegible]: [illegible], [illegible], [illegible].	[illegible] (vasospasm) [illegible] (myocardial infarction).
[illegible]	[illegible]	[illegible], [illegible]

	[illegible]	[illegible] [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] — [illegible]

THE CENTURION — [illegible] [illegible]

Levamisole [illegible] [illegible] [illegible] [illegible] levamisole [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]"

[illegible]: [illegible]—[illegible] [illegible] ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]

⚠ [illegible] **levamisole: [illegible], [illegible],** [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] **(CBC)** [illegible] [illegible] [illegible] [illegible]

- [illegible] 70-80% [illegible] [illegible]
- [illegible] (agranulocytosis) [illegible] levamisole [illegible] 3-8% [illegible]
- [illegible] 1-3 [illegible] [illegible] [illegible]
- [illegible]: [illegible] [illegible] [illegible] [illegible] (agranulocytosis) [illegible] 2–3 [illegible] [illegible] [illegible] [illegible] (granulocyte colony-stimulating factor [illegible] G-CSF)
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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		[illegible]
[illegible] ([illegible] DAT)	[illegible] 3-5 [illegible] D2 [illegible]	[illegible] D2 [illegible] BDNF [illegible] ([illegible]) [illegible] D2 [illegible]
[illegible] ([illegible] SERT)	[illegible]—[illegible]	[illegible] 5-HTP [illegible] 5-MTHF [illegible] ([illegible]) [illegible]
[illegible] Norepinephrine (NET)	[illegible]: [illegible]	[illegible] HPA [illegible]. [illegible] Norepinephrine [illegible] ([illegible] Norepinephrine [illegible]) [illegible] Norepinephrine.
[illegible] ([illegible])	[illegible]	[illegible]

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[illegible] — [illegible] Compendium

THE CENTURION — [illegible]

[illegible]: [illegible] "[illegible]" [illegible] Warrior COMT [illegible] [illegible] COMT [illegible] (Val/Val) [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]: [illegible] "[illegible]" [illegible]
[illegible]? [illegible]

[illegible] 2 — [illegible]

[illegible] COMT [illegible] "Warrior" (Val/Val) [illegible]

[illegible] DNA [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
COMT	[illegible]	Val158Met (rs4680) — Val/Val (Warrior) [illegible]	[illegible] — [illegible]: Val/Val ([illegible]) [illegible] COMT [illegible]: [illegible] → [illegible] Val/Val: [illegible]
DAT1 / SLC6A3	[illegible]—[illegible]	10-repeat VNTR allele (rs28363170)	[illegible] (dopamine transporter) [illegible] DAT1 [illegible] DAT [illegible] DAT [illegible] ([illegible] 10-repeat) [illegible] DAT [illegible] DAT [illegible] ADHD [illegible] DAT1 10-repeat [illegible] ADHD [illegible] "self-medication" [illegible] ADHD

DRD2 / ANKK1	[illegible] D2 — [illegible]	Taq1A (rs1800497) — [illegible] A1	A1 allele ([illegible] D2 [illegible]) [illegible] Reward Deficiency Syndrome [illegible] "[illegible]" [illegible] Val/Val [illegible] COMT ([illegible]) [illegible] D2 [illegible]
SLC6A4 / 5-HTTLPR	[illegible] — [illegible]	[illegible]/[illegible], [illegible]	[illegible] SERT [illegible] SLC6A4 [illegible] "[illegible]/[illegible]" ([illegible] SERT [illegible]) [illegible]
MTHFR	[illegible] — [illegible]	C677T (rs1801133), A1298C (rs1801131)	[illegible] MTHFR [illegible] DAT1/COMT/DRD2 [illegible] 5-MTHF [illegible] MTHFR [illegible]
DRD4	[illegible], [illegible], [illegible]	[illegible] 7 (rs1800955)	[illegible] DRD4 [illegible] 7 [illegible] (7-repeat carriers) [illegible], [illegible], [illegible]

			[illegible] (stimulant use disorder) [illegible] (ADHD) [illegible] DRD4 7-repeat [illegible] Val/Val [illegible] COMT [illegible] A1 [illegible] DRD2 [illegible] "[illegible]" [illegible] (Recovery architecture) [illegible], [illegible], [illegible]
CYP3A4	[illegible]	[illegible] (Inducers) [illegible] (Inhibitors)	CYP3A4 [illegible] CYP3A4 ([illegible], [illegible], [illegible]) [illegible] CYP3A4 [illegible] (cocaethylene) [illegible]
BDNF	[illegible]—[illegible]	Val66Met (rs6265)	[illegible] BDNF [illegible] Met [illegible] BDNF [illegible] BDNF [illegible] Met [illegible] BDNF [illegible]

[illegible]

[illegible] [illegible] "Warrior" [illegible]:

- [illegible] [illegible] [illegible] — [illegible] [illegible]? → [illegible] COMT [illegible] (Val/Val). [illegible] "[illegible]" [illegible] [illegible]
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? → [illegible] [illegible] SLC6A4 [illegible]
- [illegible] [illegible] [illegible]? → Classic DAT1 10-repeat + DRD2 A1 deficit — [illegible] (downregulation) [illegible]
- [illegible]? → [illegible] DAT1 [illegible] 10 repeats [illegible] DRD4 [illegible] 7 repeats. [illegible] DAT [illegible] methylphenidate [illegible] [illegible]
- [illegible] [illegible] "[illegible]" [illegible] → [illegible] COMT [illegible] Val/Val [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible]

[illegible] 3 — [illegible]

THE CENTURION — [illegible]

[illegible] [illegible] [illegible] [

	□□ (HPA) □□□□□□□□ □□□□□□□□; □□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□	□□□□□□□□□□□□□□□ □□□□□□□□□□ "□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□"	□□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

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PAWS □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□

⚠ □□□□□ "□□□□□□□□□□□□" □□□□□□□□□□□□□□□□□□□□

[illegible] 4 — [illegible]

[illegible] ([illegible]), [illegible] ([illegible]) [illegible] ([illegible]) [illegible] ([illegible], [illegible], [illegible]) [illegible]

4.1 — [illegible]

[illegible] ([illegible], [illegible]) [illegible] MTHFR [illegible] 12 [illegible] (precursors) [illegible]

[illegible]	[illegible]	[illegible]	[illegible]: * [illegible] Naloxone [illegible] * [illegible] ([illegible] COMT [illegible] DRD2) [illegible] MTHFR * [illegible] * [illegible] findahelpline.com * [illegible] Recovery Kernel [illegible]
5-MTHF (L-methylfolate)	400-1000 [illegible]	[illegible]	[illegible]

	[illegible]		[illegible] 5-MTHF [illegible] MTHFR [illegible] 5-MTHF [illegible] 400 [illegible]

[illegible]:
 	
* **[illegible]:** Methylcobalamin ([illegible] B12)
* **[illegible]:**
    * [illegible] B12 [illegible]
    * [illegible]
* **[illegible]:** [illegible]
	1,000–2,000 [illegible]	[illegible]	[illegible] 5-MTHF [illegible] ([illegible], [illegible], [illegible]) [illegible]12 [illegible] norepinephrine [illegible] methylation — [illegible]12 [illegible] methylation [illegible]

P5P ([illegible] 6 [illegible])	25–50 [illegible]	[illegible]	[illegible] (DOPA decarboxylase), [illegible] (aromatic amino acid decarboxylase) [illegible] (dopamine beta-hydroxylase). [illegible] P5P [illegible] pyridoxal-5-phosphate [illegible].
[illegible]	400–600 [illegible]	[illegible]	[illegible]

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			2 [illegible] [illegible] [illegible] L-tyrosine [illegible] ([illegible] [illegible]) [illegible] NALT (N-acetyl L-tyrosine) [illegible]
Mucuna pruriens ([illegible] L-DOPA)	100–300 [illegible] L-DOPA [illegible]	[illegible]	[illegible] L-DOPA: [illegible] *Mucuna pruriens* [illegible] *Mucuna* [illegible] L-tyrosine [illegible] *Mucuna* [illegible]
[illegible] + [illegible] + [illegible]-[illegible] ([illegible])	UMP 250–500 [illegible]. + DHA 1 [illegible] + CDP-Choline 250 [illegible].	[illegible]/[illegible]	[illegible] D1/D2 [illegible] D2 [illegible] "Brain Stack" [illegible]
NAC (N-Acetyl Cysteine)	600–1800 [illegible]	[illegible]	[illegible] nucleus accumbens [illegible] NAC [illegible]

Rhodiola rosea	300–600 [illegible] ([illegible])	[illegible]	[illegible]; [illegible]; [illegible] 2-8 [illegible]

4.3 — [illegible]

THE CENTURION — [illegible] — [illegible]

[illegible] SERT (Serotonin Transporter) [illegible]

[illegible]	[illegible]	[illegible]	[illegible]: * [illegible] Naloxone [illegible] * [illegible] COMT [illegible] DRD2 * [illegible] MTHFR * [illegible] Blueprint [illegible] * [illegible] findahelpline.com * Recovery Kernel
5-HTP	50–150 [illegible]	[illegible], 30 [illegible]	[illegible]: [illegible]

			[illegible] 2-4 [illegible] 5-HTP [illegible] SSRIs [illegible]
L-[illegible]	500–2000 [illegible]	[illegible], [illegible]	[illegible] 5-HTP: [illegible], [illegible] 5-HTP [illegible]
[illegible]	4-12 [illegible] ([illegible])	[illegible]	[illegible]
[illegible] 3 [illegible] EPA [illegible]	2-4 [illegible] ([illegible] EPA [illegible] DHA)	[illegible]	EPA [illegible] 3 [illegible] DHA [illegible] EPA [illegible] DHA [illegible]: [illegible] EPA:DHA [illegible] 2:1 [illegible] 3:1 [illegible]

4.4 — [illegible] (ADHD)

THE CENTURION — [illegible]

[illegible] (Ritalin) [illegible] (DAT) [illegible] ADHD [illegible] ADHD [illegible] ADHD [illegible] ADHD [illegible] "[illegible]" [illegible]

[illegible] DAT1 [illegible] 10 [illegible] DRD4 [illegible] 7 [illegible] (ADHD) [illegible]

[illegible] ADHD [illegible] ADHD [illegible] ([illegible] Strattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine) [illegible] ADHD [illegible]

4.5 — [illegible] — [illegible], [illegible], [illegible]

THE CENTURION — [illegible]

[illegible] ([illegible]): [illegible], [illegible], [illegible] **(ENT)** [illegible] **([illegible] NeilMed [illegible] neti pot)** [illegible] **([illegible])** [illegible]

[illegible]: [illegible] **[illegible]:** [illegible] **(ECG)** [illegible]**;** [illegible]**;** [illegible] **echocardiogram** [illegible]

[illegible] cardiomyopathy [illegible] ([illegible]

[illegible] sympathetic [illegible]) [illegible] [illegible] [illegible]

[illegible]: [illegible]: [illegible] HIV, [illegible] (Hepatitis C), [illegible] (Hepatitis B) [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible])

[illegible]: [illegible] (CBC) [illegible] [illegible] [illegible] ([illegible] [illegible], [illegible], [illegible]) [illegible] [illegible] CBC [illegible] 1 [illegible] [illegible] 3 [illegible]

4.6 — [illegible]

[illegible]: [illegible] [illegible] ([illegible] norepinephrine [illegible] [illegible]) [illegible] "[illegible]" ([illegible]) [illegible] "[illegible]" [illegible] [illegible]

- [illegible]: 0.5–1 [illegible] [illegible] 30–60 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] (binge-crash) [illegible] [illegible]
- [illegible]: 400 [illegible] ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
- [illegible]: 3–5 [illegible] [illegible] 30 [illegible] [illegible] [illegible] [illegible] NMDA [illegible] [illegible]
- 5-HTP: 50–100 [illegible] [illegible] [illegible] [illegible] REM[illegible]
- [illegible]: 480 [illegible] [illegible] [illegible] [illegible] [illegible]
- L-Theanine: 200 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible] binaural [illegible] delta (0.5–4 Hz) [illegible]; [illegible] 60–70 BPM; [illegible], [illegible] drone, [illegible] [illegible] [illegible] [illegible]

[illegible]

4.7 — [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
BPC-157	[illegible]; [illegible]; [illegible]; [illegible]; [illegible] BDNF	[illegible] 1 [illegible] – [illegible]	BPC-157 [illegible] — [illegible] BPC-157 [illegible]
Semax	[illegible] BDNF [illegible] NGF; [illegible]; [illegible]; [illegible] — [illegible] BDNF [illegible]	[illegible] 1 [illegible]	[illegible] BDNF [illegible] Semax [illegible] BDNF [illegible] "[illegible]" [illegible] Semax [illegible]: [illegible]
Selank	[illegible]	[illegible] 1-8 — [illegible]	[illegible] Selank [illegible] Selank [illegible]

	(GABA) □□□□□□□□□□□□□□; □□□□□□□□□□□□□□

[illegible] 5 — [illegible] — [illegible]

THE CENTURION — [illegible]

[illegible] (Acts [illegible]), [illegible] [illegible] [illegible]

		[redacted]
[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]
[redacted]	[redacted]	[redacted]

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1. □□□□□□□□□□□□□□□□□□□□

[redacted]

[redacted]

THE CENTURION — [redacted] Centurian [redacted] C-28 [redacted]

[redacted]

[redacted]: [redacted]

[redacted]

[redacted]

[redacted]

[redacted]

Source	[redacted]	[redacted]	[redacted]
[redacted]	[redacted] — [redacted], [redacted], [redacted], BDNF [redacted]	[redacted], [redacted], [redacted] — [redacted], [redacted] 45 [redacted] [redacted] [redacted] [redacted]	[redacted] Warrior constitution [redacted] [redacted] (sprint interval) [redacted] [redacted] 20 [redacted] [redacted] [redacted] 60 [redacted] [redacted]

			[illegible] [illegible] [illegible]
[illegible] [illegible]	[illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] 3-5 [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible]	[illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]	[illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] — [illegible] Val/Val [illegible] COMT [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	— [illegible] + BDNF + [illegible]; [illegible] 2-3 [illegible]	[illegible]	[illegible] norepinephrine [illegible] norepinephrine (NET) [illegible] norepinephrine [illegible] norepinephrine [illegible] dopamine [illegible]
[illegible]	[illegible] + [illegible] + [illegible]	[illegible]	[illegible]—[illegible], [illegible], [illegible]—[illegible] Recovery ([illegible]) [illegible] "[illegible]" [illegible]
[illegible] — [illegible]	[illegible]— [illegible]; [illegible]	[illegible], [illegible], [illegible], [illegible], [illegible]	[illegible] "[illegible]" [illegible], [illegible], [illegible]

			□□□□

[illegible] 7 — [illegible] Recovery Kernel: [illegible]

[illegible]	[illegible]	[illegible]	[illegible]: * [[illegible]] * [[illegible]] * [[illegible]]
[illegible] ([illegible] 0-7)	[illegible], [illegible], [illegible], [illegible]	[illegible]; [illegible]; [illegible]; [illegible]/[illegible]/[illegible]; [illegible] (ADHD) [illegible]	[illegible] Levamisole [illegible]—[illegible]
[illegible] ([illegible] 1-14)	[illegible] 07, [illegible] 09, [illegible] 17, [illegible] 18	NAC, [illegible], 5-MTHF, [illegible], 5-HTP, [illegible], [illegible]	NAC [illegible] 1. Tyrosine [illegible] 1. [illegible] 1. [illegible] "[illegible]" [illegible] (60–80 BPM, [illegible]) [illegible] 07 ([illegible]) [illegible]
[illegible] ([illegible] 1-4)	[illegible] 15 ([illegible]), [illegible] COMT, DRD2, DAT1, SLC6A4, MTHFR	COMT constitution; [illegible] (Reward Deficiency Syndrome); [illegible]; [illegible] (ADHD)	[illegible] Val/Val [illegible] COMT [illegible] — [illegible] A1 [illegible] DRD2 [illegible] ADHD (DAT1, DRD4) [illegible]

[illegible] (2-12)	[illegible] 03 ([illegible]), [illegible] 04 ([illegible]), [illegible] 6 [illegible]	[illegible]; [illegible]; [illegible]; [illegible]	[illegible] — [illegible]? [illegible]? [illegible] 2–4 [illegible]
[illegible] (2–12)	[illegible] 02, [illegible] 05, [illegible] 08, [illegible] 13	[illegible]; [illegible]; [illegible]; [illegible]	[illegible] 05 ([illegible]) [illegible] — [illegible]
[illegible] (2 [illegible])	[illegible]	[illegible] (ADHD) [illegible]; [illegible]; [illegible]	[illegible] (atomoxetine, bupropion, guanfacine, viloxazine) [illegible]
[illegible] (2-12)	[illegible] 20, [illegible] 21, C-28	[illegible] "[illegible]" [illegible]; [illegible]; [illegible]	[illegible] "[illegible]" [illegible] (identity work) [illegible]: [illegible]

□□□□□□□□ (6 □□□□□□□□□□ □□)	□□□□□□□□□□□□□ 24, □□□□□□□□□ □□□□ 25, C-28, C-31	□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□; □□□□ □□□□□□□□□□□□□□□□□□□□

[illegible] 8 — [illegible]

[illegible] (FDA) [illegible]

[illegible]:

[illegible]

[[illegible]]

* **Recovery Kernel**
* **Naloxone**
* **COMT**
* **DRD2**
* **MTHFR**

[illegible]	[illegible]	[illegible]
Bupropion (Wellbutrin)	[illegible]; [illegible]; [illegible]	CYP2B6 [illegible] — [illegible] Val/Val [illegible] COMT [illegible] bupropion [illegible]: [illegible] "Warrior" [illegible] (ADHD) [illegible]
Modafinil / Armodafinil	[illegible] (DAT) [illegible] (NET); [illegible]	[illegible] ([illegible]) [illegible]

	[illegible].	[illegible] metabolized [illegible] CYP3A4 [illegible]
Naltrexone	[illegible] — [illegible]; [illegible]	[illegible] OPRM1 A118G [illegible] (dual-diagnosis) [illegible]
[illegible] GLP-1 ([illegible], [illegible])	[illegible]; [illegible] 2025-2026 [illegible]	[illegible] 50-60% [illegible] overdose [illegible] opioid [illegible] - [illegible]
Disulfiram (Antabuse)	[illegible] — [illegible]	[illegible]—[illegible] ([illegible]) [illegible] ALDH2 [illegible]: [illegible]
[illegible] (ADHD) [illegible]	[illegible] ADHD [illegible] atomoxetine, bupropion, guanfacine [illegible] viloxazine [illegible] DAT/DRD4 [illegible]	[illegible] ADHD [illegible]

[illegible]

THE CENTURION — [illegible].

[illegible]— [illegible], [illegible], [illegible]

[illegible]

[illegible], [illegible], [illegible]

[illegible].

[illegible]—[illegible], [illegible], [illegible], [illegible]—[illegible]

[illegible] ([illegible]) [illegible]

— — —

[illegible] "Recovery Kernel Centurion" [illegible]

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ [illegible] — [illegible]

[illegible] Recovery Kernel | [illegible]